



Proudly serving the United States servicemembers of Joint Task Force-Bravo

The Iguana



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Courtesy Photo

A CH-47 Chinook is readied to lift beams to two locations to replace bridges that were washed out during Hurricane Mitch. Temporary wooden bridges were being used until more permanent structures could be put into place.

JTF-Bravo bridges the gap

A little work, a lot of metal replaces washed out bridges

By Capt. James Baumgart
Civil Affairs

As a result of Hurricane Mitch in 1998, many of the bridges in remote areas of Honduras were destroyed. These local communities have been using temporary bridges, mostly small wooden bridges, until a permanent structure could be built.

The bridge trestle mission came to the J-5 office as a request from Catholic Relief Services and the Department of Transportation (SOPTRAVI).

In February, CRS and SOPTRAVI requested support in moving bridges to remote sites in Honduras. These locations were not accessible by vehicle, and would require aviation assets to emplace the bridges. The J-5, in concert with Headquarters and Support platoon riggers and the 228th Aviation Battalion, planned the mission for execution in June.

Finally, a few weeks ago, these permanent bridges were placed in the needed areas.

Chief Warrant Officer David Snow and Capt. Douglas Lindquist worked with H&S to ensure the 10,000 pounds bridge beams were properly rigged for the long flight to the Departments of Intibuca and Lempira. It took approximately two hours to get the bridges from the point of origin to where they were going to be placed.

The rigging team was trained and supervised by Sgt. Randy Clemons and 2nd Lt. Stacey Franklin of H&S/ARFOR.

The mission started with static load training and rigging procedures under the instruction of Sgt. Randy Clemons on June 26. The actual mission took two days from June 27 to 28.

During the first day, some weather concerns slowed the pace of the mission. The second day was perfect, and by the end of the day, six bridges had been taken to remote locations in La Virtud, Lempira and Guarita, Intibuca.

New commander shares philosophy, standards

By Col. Michael Wood
JTF-Bravo Commander

I would like to take my first opportunity of addressing the Joint Task Force to discuss my philosophy and share some of my initial thoughts upon assuming command of this great organization.

First, let me thank each and every one of you again for all the effort and hard work that you put into my transition, and most especially for the change of command ceremony.

I appreciate all your support, and the ceremony was one of the best I have ever witnessed. Well done!

This is a great organization. This is true because of the people that make it an organization. All of you, regardless of whether you are a soldier, airman, marine, government civilian, contractor, or foreign service national ... all of you are a key part of our Task Force.

It does not matter if you are permanent party or TDY, active duty or reserve component. All I see when I walk around the base, eat in the dining facility, or work out in the gym are professionals doing their duty jointly and in a combined manner and in the service of our great nations.

Everyone's job is important. Without you, the Task Force as a whole would not function efficiently and effectively. Don't ever think for a minute that what you do is not essential to the mission or that it is not appreciated.

JTF-Bravo is here to accomplish those missions assigned to us by the United States Southern Command under the Combatant Command authority of the Commander in Chief of U.S. SOUTHCOM, Gen. Charles Wilhelm.

Never forget that the mission comes first, but that does not mean we cannot take care of people, enjoy our time off safely and smartly and further your

professional and personal growth.

Many of you come from units that primarily train in order to be ready to accomplish their "real-world" mission. At Soto Cano, we do our "real-world" mission on a daily basis. That is a very important distinction.

My command philosophy is concise.

BE TRUE TO:

✓ **Your country** : Accomplish the mission, maximize and conserve resources.

✓ **Your unit and each other** : A team built on mutual respect, trust and understanding.

✓ **Your family** : Take care of them, keep them informed.

✓ **To self** : Challenge yourself professionally and personally, professionalism, competence and self-development.

It may seem simple, but it's only so because it's easy to remember. If you "peel back the onion" and think about it, you can see that it's much more encompassing. The four bullets above should guide your actions on and off duty. Being true means not bringing discredit to your nation, unit, family or self.

I will discuss this more as I talk to you all during my visits to your units in the near future and via this medium.

The last thing I want to talk about is standards. I have seven cornerstone standards. They are:

✓ **Discipline** : Self discipline is the most important, because it's the hardest to do. You do what is right even when it may be hard or not the popular thing to do.

✓ **Loyalty/Dedication** : This is not a one-way street; it goes up and down the chain and side to side.

✓ **Camaraderie** : Cohesive teams get the job done. This does not mean you have to like everyone, but you will respect all people regardless of their race, sex, religion, ethnicity, nationality, personal

beliefs, etc.

✓ **Competence** : Know your job and continue to get better at it.

✓ **Fitness** : Stay in shape physically, mentally and morally.

✓ **Professionalism** : Be and act like a professional. Even if you are not a career NCO, officer or civilian, this is more than a just a job. It's your vocation and service to our nation is one of the greatest honors a citizen can have.

✓ **Force Protection** : This is important because emphasis on this means we are taking care of each other, on and off duty. Focused force protection is a mission accomplishment multiplier. Think safety in all you do. Monitor the well being of your buddies. Do conduct and update risk assessments.

Thank you for the opportunity to share my thoughts on these important issues. In future articles, I will expand on those things I discussed as well as other areas of command interest.

I look forward to working with all of you and together continuing to add to the proud history of this outstanding unit!

"PROGRESS THROUGH UNITY-TEAM-WORK!"



Col. Michael Wood, commander, JTF-Bravo

The Iguana



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Chaplain's Corner

Revival gets JTF-Bravo fired up

By Chap. (Capt.) Wayne Holenbaugh
JTF-Bravo Chaplain

A group of committed Christians recently organized a revival for Soto Cano.

The meetings were tremendous.

It was some of the most substantial ministry that I've seen

or heard.

I was not only impressed, but awed by the spiritual maturity of soldiers and airmen that participated.

There were some commitments and two baptisms, but the "fires of revival" are still spreading because this group of folks decided to "light a candle on a hill."

This is not only true in a natural sense but more importantly in the spiritual world where "strongholds" were broken and the Holy Spirit released to influence and impact many others.

For those of you that participated in this revival you can know that great is your reward in heaven.

228th supports Special Force's mission

By **Spc. Brad Mincey**
Iguana Editor

One of the many missions the 228th Aviation Battalion serves here is to support other units, either by flying them, their equipment — or both — to various training areas on and off base.

Recently, the 20th Special Forces Group was here performing their Annual Training, and the 228th was there to help them with their training.

"We were asked what abilities we had when the SF first arrived in country," said Chief Warrant Officer David Snow, with the 228th. "After determining what we were able to do and how that fit into their training plan, we received taskings through U.S. Army

South to supplement the SF training and conduct the Helocast and Soft Duck/Delta Queen operations."

With the help of the pilots and crew members of one of the 228th's CH-47 helicopters, the Special Forces soldiers were able to train on a mission they rarely have the opportunity to train on. At Lake Yojoa, the SF soldiers dropped out of the back of the helicopters with their Kodiak rafts to simulate an insertion into an area.

The 20th SF Group was not the only ones to get something out of this training. The pilots and crew members also received training on this very rare exercise.

"One hundred percent of the pilots and 75 percent of the enlisted crew

members completed the training," said Snow. "We were able to complete Water Landings, Helocast and Soft Duck/Delta Queen qualifications. Not many, if any CH-47D Chinook units do this type of special training because it is such a maintenance intensive recovery after we actually land in the water."

Special inspections and maintenance procedures are required which take the aircraft out of service for about two days. The aircraft must be thoroughly cleaned and checked after during this type of mission to prevent problems later from rust or other troubles caused by water.

This training is just as important for the pilots and crew members as it is for the special forces soldiers, although

they don't get the chance to conduct this type of training on a regular basis.

"Many Chinook crew members, both officer and enlisted, will never get the chance to conduct this type of training," said Snow. "Water Landings and such enhance our over all proficiency and build confidence as well as enable us to be more combat ready."

"It was a unique and valuable experience," he said. "Landing on the water requires different scanning techniques and situational awareness. The communication required between pilots and enlisted crew members is critical. In the back, they are the pilots' eyes and I rely on them to keep me informed on the situation such as water level and loading and unloading progress."

New pay aligns skewed table

By **Joe Burlas**
Army News Services

WASHINGTON — Many soldiers will see a bit more money in their paychecks in July - some more than others.

Department of Defense leaders asked Congress last year for a pay table correction and more money for mid-career soldiers as a retention incentive in the 2000 Defense Authorization Act.

The increase is above the 4.8 percent raise soldiers received Jan. 1. About 75 percent of the Army will get raises of one-half percent to 5.5 percent, according to Lt. Col. Curtis Crutchfield, chief of the Compensation and Entitlements Branch, Office of the Deputy Chief of Staff for Personnel.

"What this correction does is help fix pay scale compression and inversion problems where a longevity increase in some cases got you more money than a promotion," he said. "Under the previous table, you could have a hard-charging soldier who made E-6 in five years and had an E-5 with 10 years working for him who made more money than he did. The new table does a better job of rewarding promotions."

The pay scale used by the military today was first designed and put into use in 1949. Ad hoc changes - some across the board and some targeted at specific grades - led to less difference in pay between grades over the years. Under the old pay table, longevity increases accounted for 63 percent of an officer's life stream income with promotions accounting for 37 percent. The new pay table changes the percentages to 53 percent of a person's life stream income due to promotions and 47 percent due to longevity, Crutchfield said. Pay increases were placed where the pay table was most distorted.

Large increases under the new scale went to majors and lieutenant colonels starting at the six years time-in-service mark and to colonels starting at the 10-year mark.

Those officers are primarily specialists such as doctors, and lawyers assigned to the Medical and Judge Advocate General corps. Large increases also went to specialists at the two-year longevity mark, sergeants with five years in and first sergeants and sergeants major with 20 years of service.

Many other soldiers will get pay increases depending on how well their portion of the pay table was structured. The changes to the pay table are permanent. The raises placed there will be there forever, so when you get your next promotion or break the next longevity step, the increases will still be there, Crutchfield said.

The new table effects basic pay only and not entitlements like Basic Housing Allowance or special pay. It applies to each services' active and reserve components.



Courtesy Photos

One of the crew members installs wiring to a meter box during the construction at the orphanage. Funding for this project came from the Honduran Charitable Organization.

Orphanage gets wires crossed

After several hours of hard work and support from J-5 and Base Civil Engineers, new electrical wiring was put in the Hogar de Tierra Santa Orphanage in Villa De San Antonio.

The electrical line from the transformer and much more of the existing line needed to be replaced as it was no longer serviceable.

The funding for the project came through the Honduran Charitable Organization. The equipment used for the project was purchased through a local vendor in Comayagua.



Two workers untangle and sort through the wires at the Hogar de Tierra Santa Orphanage.

Safety: Big factor during hurricane season

By James Brouillette
Command Safety Office

Hurricane season begins June 1, and continues until Nov. 1.

Here are some things that could be done in the early stages of a hurricane to make the time after more comfortable.

If you're living off base and your quarters are equipped with a sump pump, ensure that the sump around the pump is clean and that there are no loose objects on the floor that can be washed into the sump. Unplug the pump before you clean the sump so it will be impossible for it to be accidentally activated.

Garbage cans should be placed out of the wind or securely tied to a solid object so they, or their contents, won't be blow away. Any other objects that could become flying weapons should be anchored or brought inside.

Move vehicles out of low-lying areas and away from trees. Don't park adjacent to buildings where roofing materials may blow down and damage the vehicle.

Ensure a set of fresh batteries for both a transistor radio and your flashlight are on hand. Have enough batteries to last several days.

If you're living off post, maintain a supply of candles or lamps. Store matches in a waterproof container. Have lantern fuel for several days.

Check and service your assigned vehicle or your POV. Check doors, trunk lids and hood locks. Does the parking brake hold?

Keep a full tank of gasoline in your vehicle. Never let your vehicle gas tank be less than half full during hurricane season: fill up as soon as a hurricane watch is posted.

Remember, when there is no electricity, gas pumps won't work either.

If you live off, post store a good supply of canned goods and nonperishable foods, which can be prepared without cooking and need no refrigeration. There may be no electricity or gas.

Make sure you have an adequate supply of prescription medication.

Have clean, airtight containers to store sufficient drinking water to last for several days. The water supply will probably be interrupted or contaminated. This is true on base as well.

Prepare for high winds. Batter your shutters down, and if you have windows, board them up or tape them.

Store valuables and personal papers. Put irreplaceable documents in waterproof containers and store in the highest possible spot.

In the event that you are required to vacate your quarters as a result of the storm, an emergency shelter will be designated.

If you remain at your quarters during the storm, take the following precautions:

Stay indoors. Don't go out in the brief

calm during the passage of the eye of the storm. The lull frequently ends suddenly as winds return from the opposite direction. Winds can increase in seconds to 75 miles per hour or more.

Stay away from windows and glass doors. Move furniture away from exposed doors and windows.

Stay on the leeward or downwind side of the house or hootch. As wind direction changes, move to another room. If your home has an "inside" room, stay there during the height of the hurricane.

If you live in a house with glass windows, partially open a door or window on the side of the house away from the wind during peak conditions. This not only provides ventilation, but also releases excessive pressure from inside the house. However, as the wind decreases and the eye of the hurricane passes, do not forget that the wind will return from the opposite direction. Do not neglect open doors or windows.

Keep a continuous communication watch by listening to television (Channel 2) and by listening to the "Power Lizard" on your radio. Unexpected changes can sometimes call for last minute relocations.

In an emergency situation, contact the Joint Security Force at ext. 4170 or 4271 for information or referral. If at all possible, under existing conditions, assistance will be provided.

Most important to remember is to remain calm before, during and after the emergency. This will prove to be an asset during this difficult period.

After the hurricane passes, some dangers may still remain:

Beware of outdoor hazards. Watch out for loose or dangling power lines and report them immediately to the DYNCORP Trouble Desk at ext. 4584.

Walk or drive cautiously. Debris-filled streets are dangerous. Washouts may weaken road and bridge structures which could collapse under vehicle weight.

Guard against spoiled food. Food may be spoiled if refrigerator power is off more than a few hours. Freezers will keep food cold for several days if doors are not opened after power failure, but do not refreeze food once it begins to thaw.

Do not use water until official sources declare it safe to drink. Use your emergency supply or boil water before drinking until official word is received that the water is safe.

Take extra precautions to prevent fires.

Lower water pressure in the supply mains and the interruption of other services could make firefighting extremely difficult after a hurricane.

Most importantly, follow all instructions given by the JSF, Command Headquarters and all other official sources. Your cooperation is essential in expediting the return to normal conditions.

Helpful Hurricane Hints

- * Unplug sump pump.
- * Anchor or bring inside garbage cans and other items that can become flying projectiles.
- * Move vehicles out of low-lying areas and away from trees.
- * Have a radio and flash light ready at all times with fresh batteries in them and extras.
- * Keep a supply of candles on hand.
- * Store matches in a water-proof container.
- * Have enough lantern fuel for several days.
- * Make sure there is ample fuel in your vehicle and make sure every-

thing is in proper working condition.

* Keep a supply of canned and nonperishable which can be prepared without cooking.

* Keep an adequate amount of prescription medicine if needed.

* Store water for drinking since water supplies may be low or unhealthy.

* Batter down windows and board them up and tape them if possible.

* Store valuables and personal papers in waterproof containers in the highest place possible in the house.

* If the weather calms down after the hurricane, stay inside. The calm eye of the storm may pass quickly.

Off-limit Areas Effective May 1

Off-limit areas in Comayagua:

- * Colonia 1 de Mayo
- * Colonia 2 de Mayo
- * Colonia 21 de Abril
- * Barrio Independencia
- * Barrio Suyapa
- * Barrio La Sabana
- * Barrio San Juan
- * Barrio Cabañas
- * Barrio San José
- * Barrio Los Lipos
- * Barrio Boquín
- * Barrio Zarcita
- * Bordellos
- * Hotel Luxenburgo & walkway
- * Motel El Puma
- * Barry's Aquarios Cantina
- * Picaya Night Club (formerly Galaxy Discoteque)
- * Celio's Discoteque
- * Centro Touristico Swimming Pool

The following is a list of authorized establishments for use by service members.

However, after 6 p.m. movement on foot is discouraged for safety reasons:

- * La Plaza (all shops & eateries)
- * Discovery Discoteque
- * Mang Ying Restaurant
- * El Torito
- * Dave's Hamburgers

* Esso Gas Station & Food Court

* Hotel Morales

* Hotel Norimax

* Hotel Quan

* Paso Real

* Henry's

* Tatis Pizzeria/Disco

Off-limit areas in the city of San Pedro Sula:

* All area and establishments on the east side of the railroad tracks.

Off-limit areas in the city of Tela:

* The entire city of Tela is off limits.

Off-limit areas in the city of Tegucigalpa:

- * Colonia Kennedy
- * Comayagüela
- * Strip at Avenida Miraflores (between Blvd. Uruguay and Blvd. Suyapa)
- * El Centro (after dark)
- * Picacho Park
- * Plaza España Park

Off-limit areas in Villa San Antonio (Department of Comayagua):

* The entire town is off limits.

Measures taken to provide safe MWR facilities

To continue to look after the health of the soldiers and airmen on base, the Safety Office regularly checks the off-base facilities used by MWR.

A list is published twice a year, one for each inspection, and put out to the service-members on base.

The criteria used to assess the facilities is set by using existing USARSO guidelines, which establish base criteria for establishments in Central America, medical standards and Force Protection Standards.

Each location is inspected in the areas of fire safety, adherence to basic life safety codes, food preparation areas and methods, drinking water quality, swimming pool water quality, security and results of Quality Assurance questionnaires filled out by JTF-Bravo personnel who have used the facilities.

La Ceiba

La Quinta Hotel	3.33	Good to Very Good
Plaza Flamingo	2.66	Fair to Good
Gran Paris Hotel	3.33	Good to Very Good
Partenon Beach Hotel	3.33	Good to Very Good

Copan

El Jaral Hotel	1.50	Poor to Fair
Plaza Copan Hotel	3.00	Good
Marina Copan Hotel	2.00	Fair
Posada Real Hotel	2.50	Fair to Good

Guanaja Island

Posada Del Sol	4.00	Very Good
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Roatan Island

Sea breeze Hotel	2.33	Fair to Good
Pura Vida Hotel	4.00	Very Good
Inn of Last Resort	3.33	Good to Very Good

Utila Island

Utila Hotel	2.50	Fair to Good
Utila Lodge	4.50	Very Good to Excellent

San Pedro Sula

Copantil Hotel	3.60	Good to Very Good
Gran Sula Hotel	2.20	Fair to Good
Intercontinental Hotel	3.60	Good to Very Good
Princess Hotel	3.60	Good to Very Good
Holiday Inn	3.75	Good to Very Good

Lake Yojoa

Brisas del Largo	3.66	Good to Very Good
Agua Azul Hotel	2.66	Fair to Good
Gualiqueme Hotel	2.00	Fair

Tegucigalpa

Intercontinental Hotel	4.66	Very Good to Excellent
Honduras Maya	3.33	Good to Very Good
Excelsior Hotel	3.66	Good to Very Good
El Libertador	4.00	Very Good
Plaza San Martin Hotel	4.00	Very Good
Princess Hotel	3.60	Good to Very Good

Puerto Cortés

La Playa Hotel	3.00	Good
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Th Lizard 106.5 FM Rockin' JTF-Bravo

Monday through Friday

Midnight to 7 a.m.	Top 40
7 to 10 a.m.	"Morning Break"
10 a.m. to noon	Country
Noon to 2 p.m.	R&BAFN Jamz
2 to 5 p.m.	"Lizard Lair"
5 to 9 p.m.	Z-Rock
9 to 10 p.m.	Rush Limbaugh
10 p.m. to midnight	Top 40

Saturday

Midnight to 8 a.m.	Top 40
8 a.m. to noon	Rick Dees Top 40
Noon to 6 p.m.	Z-Rock
6 to 10 p.m.	R&BAFN Jamz
10 p.m. to midnight	Adult Rock

Sunday

Midnight to 5 a.m.	Adult Rock
5 to 8 a.m.	Jazz
8 to 10 a.m.	Adult Contemporary
10 a.m. to 2 p.m.	"Country Countdown"
2 to 6 p.m.	"Countin' Down the Hits" R&B
6 to 9 p.m.	Jazz
9 p.m. to midnight	Adult Rock



Soto Cano Shuttle schedule

Starting May 19, the daily shuttle bus to Tegucigalpa Airport will be departing at 8:30 a.m.

Due to the traffic and long lines at the airport, our troops are still in the check in line ten minutes before there flights are supposed to depart.

Anyone who is going on leave, PCS, TDY or needs to get to the Tegucigalpa Airport for any reason and is planning on taking the shuttle needs to be at the bus stop by 8:25 a.m. If there are any questions, please notify the transportation office.

Tegucigalpa Courier Schedule Monday through Friday

9 a.m. - Depart Soto Cano AB
10:30 a.m. - Arrive Hospital
10:40 a.m. - Depart Hospital
11:10 a.m. - Arrive Dime
11:20 a.m. - Depart Dime
11:35 a.m. - Arrive White house
11:45 a.m. - Depart White house
Noon - Arrive U.S. Embassy
1:45 p.m. - Depart U.S. Embassy
2:45 p.m. - Arrive Dime
2:55 p.m. - Depart Dime
3:10 p.m. - Arrive White house
3:30 p.m. - Depart White House
5 p.m. - Arrive Soto Cano AB

Saturday and Sunday

8 a.m. - Depart Soto Cano AB

9:30 a.m. - Arrive Mall
9:40 a.m. - Depart Mall
10 a.m. - Arrive Bowling Alley
10:10 a.m. - Depart Bowling Alley
10:20 a.m. - Arrive White House
10:30 a.m. - Depart White House
10:45 a.m. - Arrive La Colonia Supermarket
11:15 a.m. - Depart La Colonia Supermarket
11:30 a.m. - Arrive Mall
2:30 p.m. - Depart Mall
2:40 p.m. - Arrive Bowling Alley
2:50 p.m. - Depart Bowling Alley
3:05 p.m. - Arrive White house
3:20 p.m. - Depart White house
4:50 p.m. - Arrive Soto Cano AB

1st and 3rd Saturday (Golf Course Only)

8 a.m. - Depart Soto Cano AB
9:10 a.m. - Arrive Golf Course
3:30 a.m. - Depart Golf Course
5 p.m. - Arrive Soto Cano AB

For reservations, call MWR at ext. 4268 by noon on Friday.

Airport Service Monday - Sunday

8:30 a.m. - Depart Soto Cano AB
10:30 a.m. - Arrive Airport
1:30 p.m. - Depart Airport
3 p.m. - Arrive Soto Cano AB

To ride the airport shuttle you must reserve a seat by calling the ARFOR Transportation office at ext. 4336 or 4623.

New commander takes charge

By Spc. Brad Mincey
Public Affairs

During a Change of Command ceremony, held July 7 at the 228th Hanger, a new commander was handed the JTF-Bravo Guidon.

The new commander, Col. Michael Wood, comes to Soto Cano from the Republic of Korea, where he served as the Chief of Plans Division J-5, United States Forces Korea.

He is highly decorated with medals including the Defense Superior Service Medal, the Bronze Star Medal with oak leaf cluster, the Defense Meritorious Service Medal, the Armed Forces Expeditionary Medal, the Southwest Asia Service Medal with two campaign stars, the Kuwait Liberation Medal and the Joint Meritorious and Superior Unit Awards.

Wood joined the Army in 1976 after receiving his commission from West Point.

The outgoing commander, Col. Edward Martin, after serving four months as commander of JTF-Bravo, will now go back to U.S. Southern Command to await orders for his next assignment.



Photo by Martin Chahin

Col. Edward Martin, the outgoing commander, passes the guidon to Gen. Charles Wilhelm, commander-in-chief, U.S. SOUTHCOM, before it is handed to the new JTF-Bravo commander, Col. Michael Wood, during the change of command ceremony July 7.

New PT uniform still in the works for Army

The new Improved Physical Fitness Uniform will be issued to all soldiers undergoing initial entry training effective Aug. 15 2000.

The IPFU will replace the current physical fitness uniform and will be available for purchase in all Army military clothing sales stores for all active duty soldiers.

The new uniform ensemble consists of a gray and black jacket; black pants; black, moisture-wicking trunks; gray moisture-wicking, short-sleeved and long sleeved t-shirts.

At initial entry soldiers will receive three pairs of trunks; two long-sleeved t-shirts; three short-sleeved t-shirts; two gray sweat pants and two gray sweatshirts (these are different from the current PFU sweatshirts and sweat pants).

The sweat pants and sweatshirts will be issued at the clothing initial issue point, and will not be available for purchase.

Initial entry soldiers will receive the IPFU jacket and pants from the clothing initial issue point during phase II of basic combat.

The wear out date for the current physical fitness uniform is September 30, 2003.

All soldiers are required to have one jacket; one pair of pants; two pairs of trunks; two short-sleeved t-shirts; and one long-sleeved t-shirt by October 1, 2003.

Authorized accessories for the im-

proved physical fitness uniform include the following:

(1) cap, knit, black.

(2) commanders may authorize the wear of commercial Running shoes; calf-length or ankle-length plain white socks with no logos; gloves; reflective belts or vests; long underwear; and other items appropriate to the weather conditions and type of activity.

If soldiers wear long underwear, or other similar items, they must conceal them from view with the jacket and pants.

When wearing the IPFU, soldiers may not mix or match IPFU and PFU items.

When wearing the IPFU as a complete uniform, soldiers will keep the sleeves down on the jacket, the legs down on the pants, and they will tuck the shirt inside the trunks.

Standards of wear and appearance specified in paragraphs 1 through 7 and 1 through 8 of Army Regulation 670-1 apply at all times when wearing the IPFU as a complete uniform.

The IPFU is authorized for wear on and off duty, on and off the installation, when authorized by the commander.

The IPFU is authorized for wear in transit between an individual's quarters and duty station.

Soldiers may wear all or parts of the IPFU, on or off the installation, when authorized by the commander.

DoD slows anthrax vaccinations

WASHINGTON — The Department of Defense announced July 11 that it is temporarily slowing its Anthrax Vaccine Immunization Program (AVIP) effort. Most of the remaining vaccine will be used to help protect those most at risk serving in the High Threat Areas of Southwest Asia and Korea.

DOD will continue new starts for the highest risk personnel serving in the High Threat Areas; other new starts will be deferred. Those personnel who have begun the shot series, but have since departed the High Threat Areas also will be deferred. A full resumption of the vaccination effort will occur when a sufficient supply of FDA-approved vaccine is available.

"While we regret this necessity, we do not have a sufficient supply of vaccine at this time," said Secretary of Defense William S. Cohen. "We will expand our vaccination effort as soon as logistically feasible, with FDA-certified vaccine. In making the decision to protect our servicemembers

against anthrax, we put safety first.

"We determined that vaccination is the safest, most reliable way to protect our servicemembers from a potential threat that is 99 percent lethal to unprotected, untreated individuals. Anthrax remains the top biological warfare threat to U.S. troops, and the vaccine is our safest weapon to protect our people," he said.

When FDA-released vaccine is again available, the full scope of the program will be resumed. Precise plans for resuming vaccinations will be based on the recommendation of the Centers for Disease Control and Prevention Advisory Committee on Immunization Practices and consultation with the Food and Drug Administration.

More than 455,000 service members have started their vaccinations. To be fully protected, servicemembers are vaccinated with six immunizations over an 18-month period, plus annual boosters.

Independence day celebrated together

By Capt. Eric Hilliard
Public Affairs

The U.S Embassy sponsored an Independence Day picnic and celebration held on the Zamorano campus July 1.

Honduran and U.S. picnickers enjoyed a fun-filled day outdoors on the Zamorano campus grounds.

The opening ceremonies began with a vocal rendition of the Honduran National Anthem and the Star Spangled Banner sang by the Zamorano Choir. Later, the crowd enjoyed dancing and music from the MWR sponsored DOD band Red, White and Blues.

All had a fun time. Food and drink were also available at any one of the many merchant stands located on the grounds.

Some of the featured events and acts of the day included horse-back riding, a small animal farm, soccer tournaments and static displays of the 228th Aviation Battalion's UH-60 Blackhawk and CH-47 Chinook helicopters.

1st Lt. Jared Cleary helps a student keep a young calf from suffering heat exhaustion and dehydration by giving it some water during the July 1 picnic at Zamorano.



Photo by Capt. Eric Hilliard

Children visit Soto Cano from orphanage



Capt. Edwin Rosado, OIC of EMT at MEDEL, shows the children a CPR dummy they use in training.



Getting a first look into one of the MEDEL Humvees.



Photos by Martin Chahin

Staff Sgt. Roberto Hinojosa, NCOIC of the K-9 Station, shows children from the Horizontes al Futuro orphanage some of the protective gear used while training the dogs. The children spent the day visiting many places on post, including the fire department and hospital.

Intermediate Spanish Class

Come to the Education Center, Bldg. H-56, to sign up for the free Intermediate Spanish course which runs from July 18 to Sept. 7, 6 to 8:30 p.m., Tuesdays and Thursdays. This is an excellent class that will brush up your skills at the next level after Beginning Spanish Headstart, toward taking the Defense Language Proficiency Test (DLPT) for the Foreign Language Proficiency Pay (FLPP) which can be paid at \$100 to \$300 monthly with or without functioning in a language slot. For information, call the Education Center at ext. 4420.

Sailing Instructor Wanted

MWR is looking for a sailing instructor to teach at the lake. Anyone interested must be able to work weekends at the lake. This is a paid position. Salary and schedule can be discussed at MWR. Call ext. 4458 for more information.



Free Head-Start Spanish Class

Do you want to learn Spanish while here? Why not come to the Education Center in Bldg. H-56 and sign up for the free Beginning Head-Start Spanish class which runs from July 24 to Sept. 11 from 6 to 8 p.m., Mondays, Wednesdays and Fridays (Labor Day Sept. 4 is a holiday). For more information, please call the Education Center at ext. 4420.

Distance Learning Available

The new automated counseling computer Lab, JTF-Bravo Education Center, is open from 1 to 5 p.m. Monday through Friday for electronic enrollments and follow-up action. Call ext. 4420 for more information and an appointment, if you need to enroll in and work on your Air Force Air War College or Army distance learning study programs.

In/Out-processing Time Change

Out-processing will be on Tuesdays in the Commander's Conference Room and In-processing will be on Thursdays in the ARFOR Conference Room, both begin at 8:30 a.m.

CLEP/DSST Tests Available

For those who have had many college credits and CLEP/DSST exam credits not honored by many American colleges, please come in to the education center to take another CLEP/DSST if your scores are too old for your college to honor. Some colleges stop accepting 10-year old credits. It is free to take tests, and only those you pass will be included in your consolidated transcript later. Take care of your military career upgrade and degree.

FLP Pay Rises

Foreign Language Proficiency Pay is up to \$300.00 per month per person when you pass the Defense Language Proficiency Test (DLPT) in whatever language you know. More money is usually paid to those working in that language-required MOS/AFSC; however, a new regulation mandates that everyone get the incentive added pay monthly just by passing the exam. Call ext. 4420 for information, or bring in a DA Form 4187 requesting DLPT, and we will schedule you for the next test (given Monday and Wednesday 9 a.m. to noon at the Education Center).

Credits from Military Training

Your military MOS/AFSC has earned for you college credits which can be transcribed by the University of Maryland (UMUC) free after you have enrolled in their course. Hurry in before classes start, and those transcribed UMUC college credits will be accepted by your Military Personnel Office for promotion points. Add college class credits, CLEP and DSST exam credits, add military MOS/AFSC, add military training and NCO schools, and add licensures/certifications, and you will soon have your degree.

Flight Sim Virtual Reality

For those Air Force personnel who have been testing the flight simulation program, we thank you for your service and are glad you all expressed positive results. We keep these programs and will order the additional ones that you have recommended. However, the Flight Simulation Program is temporarily down. Our Soto Cano DOIM of J-6 found out why the high technological assets were not maximized; we need an upgraded system. We will be inactivating the Simulation System for a few weeks until the two new "super" computers are received. DOIM has identified some high tech needs that are not found on regular computers such as we have at Soto Cano. We will notify the aviation-affiliated units at the time it is activated. Point of Contact is Mo Eckols at ext. 4495.

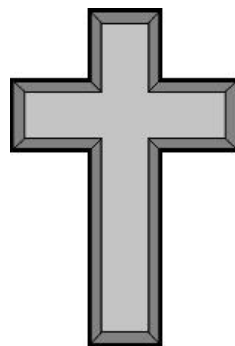
Alcoholics Anonymous

Meetings are held on Saturday evenings at 7 p.m. in the chapel bohio, Bldg. N403.

For more information, please call ext. 6202. If you get the answering machine, feel free to leave a message. Someone will get back to you ASAP.

Officer's Christian Fellowship

We are beginning an "Officer's Christian Fellowship" bible study on base every Wednesday at 6:30 p.m. in the MEDEL Conference room. It is about one hour of bible study followed by some hanging out. All officers are invited. For the next several weeks we are going to be studying Matthew. If you want to read ahead, this week we will focus on Matthew 1.



Antivirus Updates

We know it gets very monotonous doing signature file updates every few days, but the antivirus companies have been working overtime lately to keep up with the plethora of viruses. There has been at least a half dozen viruses over the past two weeks. The problem arises when a "good" virus shuts/slow down the world (like the "I LOVE YOU" virus). Hackers then create copycat viruses, refining the code, to bask in the glory of "computer-world" panic. Bottom line: we appreciate the perseverance of our network users. However, it is a necessary evil to ensure we do not hinder or lose our connectivity.

In the near future, we should have network software that gives our LAN managers the ability to "push" these updates to the users. Then they can easily update the computers without the users having to jump through all the hoops.

Thanks again for your patience. If you have any questions or concerns, please call J-6 at ext. 4167 or 4541.

Important MWR Information

Please be advised that due to the limited number of transportation assets anyone who wants to go on a scheduled MWR trip must sign up at the MWR Tours and Travel Office located in the Recreation Center. By doing this, we can determine prior to the day of departure what type of transportation is required. By signing up ahead of time, you are helping us to meet the needs of the JTF-B community.

Golf Course in Tegucigalpa

Sorry about any confusion regarding the sign-up procedure for using the Golf Course in Tegucigalpa. Those interested in playing can sign-up at Tours and Travel, MWR, located in the Recreation Center, Bldg. H401. Soto Cano presently has 13 membership passes and new clubs are also available for sign-out. The course is open seven days a week but MWR provides transportation only on those weekends that five or more people sign up to go.



Leave in Conjunction with TDYs

Effective immediately, all soldiers going on leave in conjunction with TDY have five working days to file their travel voucher (1351-2) and turn it into both Finance and S-1. If a voucher is not turned in within the five-day period, you will be charged the entire leave period listed on the leave form (DA 31). If voucher is turned in after the five-day period, all troops need to also submit a letter of lateness.

Catholic Rep Vacancy

The position of Catholic Representative for the Catholic Community of Soto Cano Air Base will soon be vacant. The duties involved and time demands associated with this voluntary position are quite minimal, perhaps an hour a week at most. You will also serve as the contact person to Father Emil Cook and Father Brady regarding the desires and needs of the Catholic community on base. You are not responsible for the bulletin or the music for mass! Your main duties will entail arranging for lectors, assisting during mass and serving as Catholic point of contact for the Post Chaplain. Any Catholic interested in performing this vital service: please contact Lt. Col. Gertdell Phyal at ext. 4193 or by e-mail. The position will be vacant as of June 10.

Free CLEP Spanish Test

CLEP test is free to active duty personnel. Earn 12 semester hours of humanities college credits toward an associates degree or bachelors degree. There has been a heavy request for the new Spanish test received last month, so be sure to come in and reserve your test on Tuesdays or Thursdays 9 to 11:30 a.m. Each test is one and a half hours long.

Swimming Classes Offered

A swimming class for beginners is scheduled to be held at the base swimming pool with a certified instructor. Classes start Tuesday and will be offered on Tuesday, Wednesday and Thursday from 5:30 to 7 p.m. Space is limited to five people per class, so come now to the Recreation Center to sign up.

Reservists help create 'The Perfect Storm'

By Jim Miller
AF Reserve Command

ROBINS AIR FORCE BASE, Ga. — In recent years, the Air Force has become more involved in supporting major Hollywood film productions.

The latest big-screen venture is "The Perfect Storm," a Warner Brothers feature film released June 30 in theaters nationwide.

"We've been on a long roll for the last three or four years with the biggest summer movies involving the Air Force," said Chuck Davis, chief of television and motion pictures in the Air Force's regional public affairs of-

fice in Los Angeles. "Other major productions involving the Air Force in recent years are 'Air Force One,' 'Armageddon' and 'Tomorrow Never Dies.'"

In a scene from "The Perfect Storm," members of the Air Force Reserve Command's 305th Rescue Squadron, Davis-Monthan Air Force Base, Ariz., and the Air National Guard's 129th Rescue Wing, Moffett Field, Calif., simulated the rescue of stranded fishermen off the coast of New England.

"The production team was very interested in keeping the Air Force's participation as accurate as possible, which is one of the

reasons we got involved," said Col. Kent Clark, 305th RQS commander.

The "Perfect Storm," is based on a book of the same title by author Sebastian Junger, and is directed by Wolfgang Petersen, who also directed "Air Force One."

"The Perfect Storm" is actually about three storm systems that came together in October 1991 to create an unusually severe weather condition.

Before the filming began, members of the cast and crew attended a one-week pararescue training camp in Arizona. They learned the purposes of the heli-

copter's dials and switches, flew on a helicopter during a simulated rescue mission, were hauled from a lake by harness into a hovering helicopter and took part in night-vision goggle training.

Quoted on the movie's official web site, actor Dash Mihok, who plays a pararescue specialist, said, "The parajumper program gave us a chance to experience what a rescue operation was like. You're down in the water with a chopper only 50 to 60 feet above you and it's hard to see, breathe and communicate. It really gives you an appreciation for the skills and concentration these guys have to have."

Two HH-60G helicopters from the 305th RQS and two from the 129th RQW, along with associated aircrew members, pararescue specialists and aircraft maintainers, flew to California to participate in the filming.

Their portion of the filming was conducted at Channel Island ANG Base, Calif., in August 1999, with additional work on sound stages at Warner Brothers Studios.

"It was particularly interesting to be in on the behind-the-scenes activities," said Maj. Glenn Schumacher, a 305th RQS aircraft commander.

Making a difference in 120 minutes

By Capt. Eric Hilliard
Public Affairs

How much is a box of candy worth? Well, it's priceless when you see the smiles it brings to the faces of the boys and girls who spend their lives living in an orphanage where a box of candy or some other small treat, combined with a smiling, caring face of an American military person, can make a rough life seem a little bit easier.

That is what happens each time the men and women of JTF-Bravo go out into the community to visit the local orphanages: the kids have one more thing to smile about.

The kids of the Tierra Santa Orphanage got a chance to live the good life for at least one day this week when they were brought bags filled with candy, cool aid, melons and toys.

One person who has decided to do what he could to help these children have a better life—if only for a day—is Capt. Chuck Battiste.

Battiste, who admitted to not really doing a lot of volunteer work back at Fort Leonard Wood, where he is a member of the 554th Engineering Battalion, first found out about the opportunities to visit orphanages during his initial in-brief into Soto Cano back in March.

"During my in-brief, I heard mention of an orphanage visit scheduled for that weekend," said Battiste. In the beginning, I decided to go as a means of educating myself on the country and the people. Later, I went because I felt that I could fill a void in the children's

lives, at least for the few hours on the days that we went."

Upon entering one of the orphanages, one can quickly see that the living conditions in the orphanages are lacking, to say the least. The children wear worn and tattered clothes and their hands and faces look dirty and unkempt.

"Every trip, I want to immediately wash them and put them in new clothes," Battiste said, "but those feelings are immediately suppressed by the happiness exuded by the children. I feel sorry for the kids and their condition."

Battiste, who was not shy about expressing his disgust with the living conditions of the children, went on to express his personal opinion on what he feels is the lack of value placed on the lives of the young children living there.

"The visits reinforce my disappointment in mankind," he said. "The things that we allocate money for still amaze me. Even in this country, the bulk of their money does not go to the development of Their most prized possession—the children. I'm not sure where it goes, but it is evident that it doesn't go to the children."

Battiste was just one of the more than 12-person group who visited the orphanage June 24.

Their visit served to show the children that they are important and that someone loves them—the members of JTF-Bravo.

More volunteers are always welcome to come out and share in these eye-opening and heart-warming visits to the orphanages.



SFC Irene Hinkston interacts with several of the children at the Tierra Santa Orphanage.

The visits usually last about two hours. It may seem like a long time but the children always want more time with the volunteers, and they seem to never want them to leave.

"I know that two hours on one day of a month is miniscule in the grand scheme of things, but every little bit helps. These kids have so much love to give. All they ask for is for someone to receive it," Battiste said.

If you or someone you know would like to participate in an orphanage visit during your tour here, please contact your First Sgt. or Honduran Charitable Organization (HCO) representative for information on what you can do to help someone other than yourself. If you are worried about not speaking the language, Battiste has an answer for you.

"Language skills aren't required either; love and happiness have no language, no boundaries," he said. "The children seem to love it when we arrive. They know that we are U.S. military, but they treat us like we are their family."



Photos by Capt. Eric Hilliard

A young boy shows his interest in on of the newcomers ... or could it be the camera he's interested in?

MWR wood shop offers hands-on experience

By Capt. Eric Hilliard
Public Affairs

Many have tried and many have failed, but one thing is for sure ... they kept trying until they got it right. They got the angle cut just right or that dresser drawer to glide in and out without sticking or, got their bent piece of wood back straight again. When it's all over, they raise their hands, which are all full of sawdust, in celebration of a job well done and another task complete.

The base wood shop is where you can find people who like a good challenge and revel at the opportunity to try to bring an image in their mind or on a piece of paper to life.

Fortunately for those of us whose ideas are a bit grander than our actual ability, the base wood shop comes complete with its own set of helpful guides—Javier Sagastume and Victor Santos.

Behind the boyish smiles and gentle nature of these two men, lies the talent that would make Mr. Tool Time himself proud.

Sagastume, who can often be seen in the wood shop after 1 p.m. on weekdays, is a native of La Paz and has been a wood shop employee for three years.

From the little Spanish that I understand, I think he said that he

really enjoys his job and says that he is there to help, especially when people are not sure what they are doing.

Sagastume also enjoys his job. "People come here to build projects. I will help them if they need it. I am also here for safety and to make sure no one gets injured," he said.

Santos, who is also a native of La Paz, has been working in the wood shop for a year. He is very helpful in building wood projects and offering creative suggestions to correct minor setbacks the wood shop patrons face. Working in the wood shop serves two purposes for Santos; he gets to help others and himself at the same time.

"I like to help people and I like that I am learning a new skills while I am helping them," he said.

One of the most frequently asked questions that the pair constantly gets asked is the ever-popular, "Do I have to make it or do you make it for me?" Nine times out of 10, the answer will be, "No, but we will help you." The remaining one-tenth of the time there will probably be no response at all as the two of them jokingly pretend not to know how to speak English. Overall, they are very helpful and are waiting to help you turn your dreams into reality in



Photo by Capt. Eric Hilliard

Javier Sagastume and Victor Santos work on one of the many projects available to do at the MWR wood shop with Sgt. Kevin Harkey. A safety class must be taken before beginning a project, but Sagastume and Santos are always there to help.

making the table, dresser, bookshelf or curio cabinet. I should know. I am not only a user of the wood shop, but I think I have spent enough hours in there to become an official charter member. They are going to hate to see me go.

By latest estimates, the wood shop is rapidly becoming one of

the most frequently used MWR facilities on post. More and more people each day are taking advantage of this great opportunity offered by DynCorp and MWR. You can do something more with your time here instead of partying every night.

Go to the wood shop and learn

a new skill. Build something for yourself or a significant other. I have been told that I am going to score some major points when I get home next week. I can't wait and neither should you. Don't miss your opportunity to make your dreams come true ... in the wood shop.

Committee reviews Family Action Plan issues during meeting

By Harriet Rice
Army News Service

ALEXANDRIA, Va. — Eliminating TRICARE Prime emergency room co-payments for active duty family members, phasing to 100 percent reimbursement of basic allowance for housing, audio/visual surveillance for Army child care centers, and military-friendly provisions of various state laws were some of the 22 issues reviewed at the semi-annual Army Family Action Plan General Officer Steering Committee meeting in May.

Vice Chief of Staff of the Army Gen. John Keane presided over the meeting, calling for collaboration and open discussion for the benefit of soldiers and families. "Other services have been the beneficiaries as well. We're helping the entire Department of Defense; that's a terrific news story," said Keane as he welcomed nearly 40 members representing DoD, Department of the Army staff, and major Army command representatives.

While considerable progress was made on many issues, all but one remained active

so proponents could continue to monitor developments. Regarding medical issue #469 TRICARE Co-payment for Emergency Room Services, Brig. Gen. Kevin Kiley, Office of the Surgeon General, informed the committee that both the House and Senate Armed Services Committees versions of the fiscal year 2001 National Defense Authorization Act include language to eliminate all TRICARE Prime co-payments for active duty family members. When the bill passes, managed care support contracts will be modified to reflect the change, Kiley reported.

In the entitlements arena, issue #448 Basic Allowance for Housing Appropriate and Data Collection came a step closer to completion when Deputy Chief of Staff for Personnel Lt. Gen. David Ohle reported that on January 1, 2001, BAH rates will be at 85 percent reimbursement and 100 percent reimbursement is budgeted for gradual implementation through calendar year 2005.

Survey teams are traveling to installations this summer. "Pay particular attention as the survey team comes to your camp,

post or station to update the survey for housing areas," said Ohle. "Everybody needs to be involved, from the G-1s and personnel officers to the directors of personnel and community activities."

Weight allowance table for enlisted personnel (#457) generated a great deal of discussion. The issue recommends an increase in enlisted weight allowance to match officers' allowances more closely.

While less than 3 percent of household goods moves of married soldiers are over the authorized weight allowance, data shows that E-1s to E-3s exceed their weight allowance up to 9 percent more than other ranks.

Deputy Chief of Staff for Logistics Maj. Gen. Charles Cannon, Jr. proposed that as the Army worked a larger increase for all enlisted ranks, it increase the administrative allowance for outside the continental U.S. "Sure, we can do that," said Keane, at the same time requesting another look at "why we have the huge weight allowance disparities between ranks when responsibility and authority are not the issue."

There's good news ahead in the legal area for military families whose permanent changes of station take them from state to state and from one set of state laws to another (#467 State Laws Impacting Military Families). The Judge Advocate General, Maj. Gen. Walter Huffman, told the committee that a legislative proposal is pending to recognize a military exemption to the requirement that a seller must live in a house for two of the last five years in order to avoid paying capital gains tax on its sale.

There is also legislation asking for universal acceptance of a properly executed federal military will. Huffman said TJAG lawyers developed a draft model Uniform Code of Rights and Protections for Members of the Uniformed Services. This code packages the most military-friendly state laws addressing vehicle licensing and registration, vehicle and residential lease termination, the ability of service members to appear in state courts and allowing legal assistance attorneys to represent them in state courts.

Old PT standards may become new standards for Army

By Jim Caldwell
Army News Service

FORT MONROE, Va.— Army physical fitness training will undergo another examination when a testing program begins at Fort Jackson, S.C., next month.

"We are doing a broad-brush review of physical readiness training for our Army, specifically for initial entry training," said Col. Mick Bednarek, commander of the 4th Training Brigade at Fort Jackson. The brigade's basic combat training soldiers will be involved in the pilot program and follow-on testing.

"Our goal is to standardize PRT (physical readiness training) with training that is precise, systematic and progressive for the nine-week BCT. We're confident that this will be the vanguard to change, and highlight to the rest of the Army this is the best way to proceed. It is smart, focused and exciting. It's time to make it happen."

The doctrine soldiers will test is not a product of high tech medical research. It's based on training introduced into the United States in the 1800s, and has been used before by the Army.

PRT gained renewed interest in the Army when soldiers in a demonstration program at Fort Benning, Ga., achieved impressive scores on the Army Physical Fitness Test. Beginning in July 1999, drill sergeants in 4th Platoon, A Company, 2nd Battalion, 19th Infantry Training Brigade conducted PRT with three cycles of one-station-unit-training soldiers.

They used dumbbells, medicine balls and other equipment in a variety of exercise routines. Instead of running every day, soldiers ran no more than three times a week.

"The goal is to improve combat physical fitness while reducing injuries," said Dr. Ed Thomas, instructional systems specialist with the U.S. Army Physical Fitness School (USAPFS) at Fort Benning. He is the driving force behind the effort to have the Army investigate PRT.

Thomas is an infantry veteran and a Fulbright Scholar who holds a doctorate in education with emphasis in health promotion from Northern Illinois University. He earned bachelor and master degrees in physical education from The University of Iowa.

"The best of PRT doctrine stressed rational progression, variety and precision," he said.

When Thomas began working with the drill sergeants, they were skeptical about replacing current APFT with a new doctrine.

"I thought it would be a waste of time when we were told we were going to be the test platoon for a new PT program," said Staff Sgt. Michael Tucker, 4th Platoon drill sergeant. "I'm a believer now."

Tucker became a believer with the first class, as soldiers began scoring more points on weekly unofficial APFT tests. On the final graded PT test, he said a soldier scored 367 points.

The passing score on the APFT is 180, 60 points each for sit-up, push-ups and the two-mile run. But for BCT soldiers, the standard is 50 points each. Soldiers can score 100 points in each event by meeting higher requirements. If they exceed the maximum standards in each event, they earn extra points.

Tucker was asked if one soldier scored that high, how many scored 300?

"Let's put it this way," he said. "We have a rule that any soldier who scores 300 on the APFT doesn't have to do the 12-mile road march to the FTX (field training exercise) site."

"Out of 48 soldiers, only 12 of them marched."

Soldiers in the three cycles also experienced fewer injuries than previous OSUT classes.

Staff Sgt. Craig Cooper, 4th Platoon senior drill sergeant, said soldiers in the demonstration developed greater muscle definition than previous platoons.

"That was because of the weight training," he said, "but they weren't pumped up and bulky."

Privates Andrew Yuhasz, Palmyra, Fla., and Adam Worther, Minneapolis, members of the third platoon to have PRT, said the exercises were paying off.

"Oh, yeah. I can tell a difference when I take my shirt off," Yuhasz said. "I can feel it, too."

By the second unofficial APFT, Yuhasz scored 267 points and Worther 257. They also lowered their times from the two-mile run by about six minutes and five minutes, respectively, beating the 100-point time of 13 minutes.

"I thought it (Army PT) would be a lot of running, all push-ups and sit-ups," Worther said. "I didn't know we'd be doing a lot of different kinds of stuff like this."

How could nearly forgotten ap-

proaches to physical fitness produce better results than modern training methods?

European immigrants, primarily Germans and Swedes, brought highly evolved systems of warrior-based PRT to the United States in the mid-1800s. Thomas said restorative and military training was at the core of both systems, along with a spirit of self-discipline and duty to country.

By the late 1800s, many schools in the Midwest and Northeast used the principles in physical education classes.

"The Army adopted the German system in 1885 when Herman Koehler was appointed Master of the Sword at the United States Military Academy," Thomas said. "Koehler's remarkable vision for PRT began to fade after his retirement in 1923 as physical training was sacrificed to sports and games."

Army basic training PT used PRT principles until after the Korean War, Thomas said. But recently PRT methods have again emerged in several parts of the country.

"There is no reason for us not to shape 21st century PRT upon it," he said.

The effort at Fort Benning was just a demonstration of PRT benefits. The Fort Jackson program will use scientific research methods, according to Bednarek. Another difference is that at Fort Benning only men did the training. At Fort Jackson men and women in gender integrated BCT companies will participate.

"There will be a pilot group where we will work with the drill sergeant trainers to perfect the training methods. Then we will run a full program initiative where a test battalion using the new training methods will be compared to a control group using current training methods," Bednarek said.

Scientists from the Army Center for Health Promotion and Preventive Medicine at Aberdeen Proving Ground, Md., will monitor changes in fitness using the APFT and other measures of fitness. Researchers will track injuries by screening medical records and look at discharged and recycled soldiers, plus BCT graduation success.

Soldiers' attitudes toward the new

training will also be measured with specially designed questionnaires.

New soldiers will go through the test cycle September 29 to November 30.

Another infantry battalion at Fort Jackson will be the control group. Its soldiers will continue training on current PT doctrine, while the 1st Battalion, 34th soldiers use dumbbells, medicine balls and other exercise equipment.

Each battalion has five companies with about 250 soldiers in each company.

"Our intent is to finish up the pilot, test and control groups before the Christmas break, so we can get our surveillance methodology, all the results, etc., and present our results to the senior Army leadership," Bednarek said.

CHPPM is funding the PRT test with about \$118,000 from its Health Initiatives Proposals Program. The money will pay for exercise equipment, as well as travel for exercise and research physiologists studying the program.

If the Army adopts physical readiness training methods, a new APFT test probably will also be designed by the USAPFS, according to Bednarek.

"It's critically important to our Army that our standards are maintained and remain battle focused, not only by individuals, but by all units," he said.

"The goal is to improve combat physical fitness while reducing injuries."

Dr. Ed Thomas, instructional systems specialist with the U.S. Army Physical Fitness School at Fort Benning, Ga.



MWR TRIPS

Certification in Utila

July 21 to 24, 28 to 31

MWR hosts diving trips to Utila, Bay Islands for those who want to dive, snorkel or complete or continue dive certification at the Bay Islands College of Diving - Utila's only five-star PADI school. Two hotel packages are available. Lodging ranges from \$12 to \$45 per night with single and double occupancy as well as meal packages available. Fun dives are \$15 and the open water certification course, which begins with academic training at Soto Cano, costs \$150. The school also offers an advanced open water certification course for \$150. Airfare from Tegucigalpa to Utila is \$116 per person. Prices do not include taxes, tips or incidentals.

Roatan Islands

July 14 to 17, 22 to 24, 28 to 31

MWR offers "fun in the sun" or diving trip packages to Roatan.

Resort Option 1: Both packages include three nights and four days lodging, Roatan Airport transfers, three meals per day, and use of canoes, kayaks, tennis court and jogging track. The "fun in the sun" package costs \$426 (single occupancy), \$339 (double occupancy) per person and also includes a daily \$20 beverage credit. The "certified" diver" package includes three dives per day including tanks and weights and costs \$330 (single) or \$270 (double) per person.

Resort Option 2: Both packages include deluxe accommodations, Roatan Airport transfers and three meals per day. "Fun in the sun" package is \$85 (single) and \$62.50 (double) per person per day and includes free snorkeling with all guests having the option of going out on the boats to snorkel at dive site. "Certified Dive" package includes three boat dives per day and unlimited shore diving. Equipment rental is \$25 per day.

Airfare from Tegucigalpa to Roatan is \$121 per person. Prices do not include taxes, tips or incidentals.

Valley of the Angles

July 15, 23, 29

MWR sponsors a variety of shopping trips to various locations and provides the

transportation. Trips depart contracting parking lot at 8 a.m. and return at 5 p.m. For more information, call MWR ext. 4268.

Copan Ruins

July 21 to 23

The Copan Ruins have been the major source of information regarding the ancient Mayan civilization and has also been referred to as the most artistically advanced of all the Mayan cities. MWR can put you in touch with four different hotels that host several different activities. Lodging ranges from \$32 to \$60 per night with single and double occupancy available. Prices do not include taxes, tips or incidentals.

Lake Yojoa/Waterfalls **Every Saturday and Sunday**

Enjoy a day or weekend riding a boat around Lake Yojoa or visiting the waterfalls. MWR owns the boats. Servicemembers need to pay for boat fuel. Waterfalls are located 45 minutes from Lake Yojoa. Day trip participants will need to choose between the lake and waterfalls. MWR provides the transportation. Overnight lodging packages starting at 200 limpiras per person per night are available through Tours and Travel. Prices do not include taxes, tips or incidentals.

San Pedro Sula

July 14 to 16, 28 to 31

San Pedro Sula is considered the industrial city within Honduras, has five-star Honduran hotels and nice shopping centers. Tourists staying in the city can take a day trip to Copan Ruins or visit any of the other approved cities in the area. Hotel rooms range from \$50 to \$90 per night per room and meals are not included.

La Ceiba via air from Tegucigalpa

July 14 to 16

For more information, call MWR at ext. 4268/4458 or stop by the new office in the Recreation Center.

Free scuba diving class offered

Now there is an opportunity to those interested to find out what all the talk is about.

A free scuba diving class will be offered July 14 at the base pool.

The class is from 6 to 7 p.m. and is offered at no cost.

For those interested, contact the MWR office at ext. 4268 or stop by the office across from the dining facility.



Advanced scuba class offered

The MWR office is going to be offering an advanced scuba diving class.

The class will be offered at the base swimming pool from July 14 to 16.

Cost for the class is \$75 per person.

Class size is limited, so contact the MWR office at ext. 4268 before all spaces are filled.

Hiking trip now available

MWR is now offering hiking trips in the Comayagua area.

The trips will be on Saturday mornings and will depart from the Contracting parking lot at 7 a.m.

Recommended gear is a good pair of walking or hiking shoes, plenty of water and bug spray.

This is another great opportunity to get away on the weekend at no cost.

Contact the MWR office for more information and to sign up.